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# ***Bangor Mental Health Institute (BMHI)***

*Bangor, Maine*

## ***Comments from BMHI Stakeholders***

*"BMHI Treatment  
Mall is visionary and  
will provide state-of-  
the-art care for its  
residents."*

*"Outpatient clinic  
services are a very  
real asset to our com-  
munity system and  
should be expanded."*

## **Enhanced Programming and Community Coordination Results in Quality Care for Northern Maine**

BMHI is part of a comprehensive mental health system of services in northern and eastern Maine. It is the only public hospital serving two-thirds of the state's geographic area including the northeastern counties of Penobscot, Piscataquis, Hancock, Washington and Aroostook and provides services for adults with severe mental illness who cannot be treated or have their needs met in other community settings.

BMHI is a 100-bed psychiatric hospital and is certified by both the Joint Commission on Accreditation of HealthCare Organizations (JCAHO) and Center for Medicare and Medicaid Services (CMS) certified. It has 310 full time staff and an annual budget of \$20.5 million. The com-

munity, staff and patients marked the hospitals 100th year of operation in 2001.

BMHI admits approximately 375 - 425 people per year. Treatment staff employ a variety of therapies in treating patients at BMHI including behavior therapy, group and individual therapy, family therapy, pharmacotherapy, milieu therapy, psychiatric rehabilitation, psychoeducation and other therapies approved by the Clinical Director.

As the lengths of stay decline and admissions increase, the hospital will continue to work with community provider agencies to expand rehabilitative services that are consistent with the best practices provided at BMHI and fully integrated with

the community system of care.

The primary goal of BMHI is to provide the highest quality, acute psychiatric treatment and rehabilitative services to people with serious mental illness through both inpatient and integrated outpatient care.

Based on the needs of consumers, best treatment practices and the development of community based services, BMHI continues to transform into an acute-care, shorter-stay hospital. This requires both ongoing new system developments including:

- Continued implementation of Treatment Mall concept, where patients from all units go to a central location for treatment.



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And Developmental Services

Lynn F. Duby, Commissioner

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- Continued certifications by both JCAHO and CMS for all units.
- Continued development in outpatient services of the Dialectic Behavioral Therapy/Cognitive Behavioral Therapy (DBT/CBT), found to be effective for people who have suffered from trauma.
- Recent signing of a memorandum of understanding with the Penobscot County Jail to provide psychiatric assessment and consultation for individuals incarcerated at the jail and transfer for inpatient stay as needed.
- Continued expansion of the BMHI and Aroostook Dental Clinics which, combined, serve approximately 700 people per year.
- Consultation with community resources such as the National Alliance for the Mentally Ill (NAMI). Linkages are being explored in order for BMHI outpatient services to become the psychiatric/medical support for the Bangor Area Homeless Shelter clients and other underserved patients.
- Continued expansion of substance abuse services for dual diagnosis patients. The BDS Office of Substance Abuse currently contracts with Acadia Hospital in Bangor to provide two full-time substance abuse counselors for BMHI patients.
- Continued focus on patient related initiatives including continued reduction in the use of seclusion and restraint, development of a patient safety committee to look at how to reduce risks to patients, and institution of a unit dose medication system.
- BMHI, BDS Regional and Central Office staff continue to focus on supporting critical services in concert with the community system. Ongoing planning is conducted with input from stakeholder groups. This planning helps ensure that services are developed according to individual needs. Examples of such initiatives include the Husson College Graduate School of Nursing advanced practice psychiatric nursing students completing clinical rotations in the outpatient and inpatient settings of BMHI and psychology interns providing services at BMHI, in collaboration with the University of Maine.

*For more information about BDS visit: [www.state.me.us/bds/](http://www.state.me.us/bds/)*

### **BMHI Treatment Mall: A State-of-the-art Approach**

Located in a renovated ward, the Treatment Mall setting provides an environment geographically and psychologically removed from the hospital's inpatient units. The Mall's light-filled corridor, comfortable sitting area, and multiple classrooms are an ideal location for nursing and other clinical specialties such as therapeutic recreation, adult education, dietary, psychology, psychiatry, occupational and physical therapy and substance abuse services to offer classes/groups on a variety of topics embracing psycho-educational and therapeutic modalities. Groups offered to date include: Anger Management, Coping with Depression, Resolving Treatment Conflicts, Horticulture, Managing Diabetes, Mask Making, The Writing Process, Nutrition and Health, Budgeting, Menu Planning, Conflict Resolution, and Keeping Illness from Spreading (hygiene). Both the schedule of classes and the attendance rate have grown considerably since the Mall opened in early 2000, with continuing expansion projected over the next several months of operation. Other Mall projects include the creation of an extensive horticultural display and exhibits of both inpatient and community artwork (The Hepatica Collection). BMHI joins a list of other psychiatric facilities throughout the nation which are implementing this centralized treatment concept in order to enhance patient satisfaction, to support other forms of treatment, and to ensure that inpatients are discharged with improved knowledge and skills.